



7. Unter-Tage Sparkassen Marathon  
 Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Karsupke, Frank

Club: Kanu Altenburg  
 Number: 180

Course: 42.20 km  
 Marathon

Category:  
 Männer M45

Total time: 5:05:32

Speed: 8.25 km/h  
 Running performance: 7:14 min/km

Rank in course/Total: 193 (of 305)

Rank in course/Men: 182 (of 279)

Best time in course: 3:13:29

Rank in category: 31(of 61)

Best time in the category: 3:13:29

Intermediate times

Stage score

Total ranking

| Control  | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|          |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| 1. Runde | 10.55       | 1:09:18       | 6:34            | 46          | 20:23          | 232         | 26:18         | 10.55         | 1:09:18       | 6:34            | 4           | 10:43          | 198        | 17:39         |
| 2. Runde | 10.55       | 1:13:04       | 6:55            | 39          | 25:57          | 190         | 26:46         | 21.10         | 2:22:22       | 6:44            | 4           | 15:59          | 197        | 43:36         |
| 3. Runde | 10.55       | 1:18:06       | 7:24            | 31          | 26:48          | 169         | 29:08         | 31.65         | 3:40:28       | 6:57            | 3           | 16:27          | 185        | 1:10:24       |
| Finish   | 10.55       | 1:25:04       | 8:03            | 32          | 1:23:08        | 178         | 1:24:32       | 42.20         | 5:05:32       | 7:14            | 34          | 1:52:03        | 199        | 3:35:49       |